



SACRED HEART CATHOLIC PRIMARY SCHOOL

Enriching Spirits ~ Educating Minds

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NEWSLETTER

25th January 2024

From the Principal's Desk

Welcome everyone to the 2024 school year especially to all our new families.

The buzz around Sacred Heart is one of excitement and anticipation, as we have begun this year on a positive note.

Our inaugural Book Drop Off was quite successful and provided an opportunity to see many families before school commenced and lessen the congestion of the first day back.

It was wonderful over the past few weeks to re-acquaint with the teaching and support staff before school commenced. This school year did not officially begin until last week and yet, many of our staff committed time on the holidays to ensure the school year was well organised and began smoothly. We are blessed with wonderful professionals. Thank you.

Over the break, my wife made me an appointment to the optometrist, following her continual complaints about my sitting so close to the television screen. After many letter and number charts and swapping coloured lenses, the diagnosis was farsightedness with glasses required.

During the consultation, the optometrist was talking about 20/20, 20/30, 20/50 vision, terms to express visual acuity, sharpness of vision at a distance, measured on the Snellen chart.

Dr Hermann Snellen, a Dutch ophthalmologist, invented an early version of the eye chart we still use today. 20/20 is not the best possible eyesight however, for example, 20/15 vision is better. A person with 20/15 vision can see objects at 6 metres that a person with 20/20 vision can only see at 4.5 metres. However, it is a well known measure for 'normal vision', the US fighter pilot minimum acuity.

There is a good analogy to make, with all this talk of visual accuracy.

The concept of vision is an important one. If we are not careful, we can wander aimlessly through our busy life journey, without taking stock of what our 'life vision' may be.

I 'meant' to spend meaningful time as a parent with my children. I've been 'meaning to' check my insurance and evaluate my superannuation. I was 'hoping' to spend quality time with my significant other. I 'wish' I could make an effort to touch base with my mum/dad/siblings. I will 'eventually' find the time to consider my spiritual journey and relationship with my God. I'll 'get around to' tidying up my diet and physical health.

As a new year begins, it is a great time to take stock of where you are **at** and where you **want to be**.

Even a clear chat with your partner about what you hold as important in your life is a start.

What are your non-negotiables?

What are some of the parenting boundaries and decisions you wish to hold true to?

I wish you all the best and clear vision as you continue the precious responsibility of parenting young children in primary school.

May your vision for self and family be the very best 20/20 in 2024.

Take care

Max Martin

Principal

From Our APRE

I dreamt I stood in a studio and watched two sculptors there.
The clay they used was a young child's mind, and they fashioned it with care.
One was a teacher - the tools she used were books, music and art.
The other, a parent - working with a guiding hand, and a gentle loving heart.

Day after day, the teacher toiled with a touch that was deft and sure.
While the parent laboured by her side, and polished and smoothed it o'er.
And when at last, their task was done, they were proud of what they had wrought.
For the things they had moulded into the child, could neither be sold nor bought.

And each agreed they would have failed if each had worked alone,
For behind the teacher stood the school and behind the parent, the home.

Author Unknown

As we embark on a new year, it is with great joy that we extend a warm welcome to our returning families and heartfelt greetings to new families joining our community. Each of you brings a unique thread in the tapestry of Sacred Heart, and we are thrilled to share this journey with you.

For many, Sacred Heart has become more than just a school; it is like a second family. My hope is that our new families will swiftly experience the same warmth and camaraderie that has made Sacred Heart a welcoming place for so many.

On Monday, we witnessed the bustling energy of the first day, with students and parents eagerly navigating the school grounds, locating classrooms, and unpacking school bags. It's hard not to be captivated by the excitement. In these moments, we recognise that our youngest members, the Preps, are about to embark on a journey of "firsts" – from lunchtime adventures to playtime explorations, and the joy of walking in two straight lines.

At Sacred Heart, we firmly believe that education is a collaborative effort between school and home. Parents and families are the primary and most influential teachers. Together, we create an environment that not only nurtures young minds but also enriches their spirits with the knowledge that Jesus is with us, guiding each step of the way.

May this year be a testament to the unity, care and shared commitment that defines our Sacred Heart community..

Here's to a fantastic year ahead.

Melissa Collins

From Our APC

Welcome back to our new school year. It is wonderful to welcome so many new students and their families to our school.

My role as APC (Assistant to the Principal Curriculum) includes supporting our Inclusive Curriculum team, working with Michelle Baldwin, its co-ordinator and classroom teachers to support students on individual learning plans, as well as our curriculum support teachers.

Mrs Lindy Mullane and Mrs Deb McGuire are employed as our curriculum support teachers.

Mrs Mullane is working with students in Years 5 and 6, targeting Mathematics and Word Study. Mrs McGuire will support Year 2 classes in both literacy and numeracy.

Having these two highly committed and experienced teachers will enrich the learning experiences for our students, offering greater opportunities for support and learning acceleration within our classrooms.

There are many exciting events taking place throughout this term that will challenge and stimulate the minds of our students including the National Assessment Program – Literacy and Numeracy (NAPLAN) for Years 3 and 5.

These assessments will take place in weeks 8 and 9 of this term. Information on NAPLAN will be provided in coming weeks.

Our Year 3 and 5 teachers will participate in a session of professional learning regarding NAPLAN and will start using a bank of resources to best prepare their students for this testing.

I look forward to sharing many exciting learning events, and wonderful accomplishments of our children throughout the year.

Have a wonderful week,

Mrs Lisa List

Important Dates Term One

January

Friday 26th Australia Day public holiday
Monday 29th School captain speeches at St Brendan's College from 11.45am. Year 5 and 6 involved
Tuesday 30th House captain speeches in our multi-purpose area from 9.15am. Year 5 and 6 involved.

February

Friday 2nd Opening school mass at Sacred Heart Church commencing at 9.15am
Friday 2nd School and house captains announced at mass
Monday 5th AGM and first general meeting of Parent Connect 6pm at school
Friday 9th First whole school assembly at 8.40am.
Monday 12th Bishop Michael McCarthy visiting Sacred Heart School
Tuesday 13th Shrove Tuesday (Pancake Tuesday). Breakfast at school from 7.45am.
Wednesday 14th Ash Wednesday - First day of Lent
Friday 16th Pupil free day
Friday 23rd Whole school assembly at 8.40am

March

Friday 1st Parent Connect trivia evening at school from 6pm
Thursday 7th St Ursula's College and St Brendan's College Discovery days for Year 6s
Friday 8th Year 4 to 6 swimming carnival
Wednesday 13th NAPLAN for Years 3 and 5 commences
Friday 22nd Whole school assembly at 8.40am
Monday 25th Cross country carnival for Years 4 to 6 at school
Thursday 28th Holy Thursday and last day of term
Friday 29th Good Friday

Capricorn Coast Catholic Parish

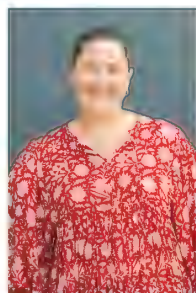
Here is the Sacred Heart Church bulletin for this week. Stay connected and enjoy. [Link to Bulletin](#)

Please also find attached an [article on the Australian Plenary Council](#), for your information

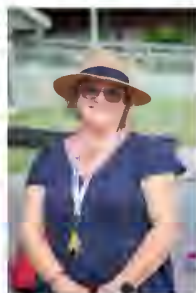
Welcome New Staff



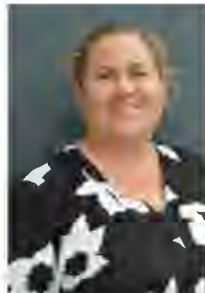
Miss Tina Thorsen
Year 6



Mrs Katharine Snary
Year 6



Mrs Doiya Knapman
Year 2



Mrs Amanda Rushton
Prep



Mrs Jess Stapleton
Educational Officer



Miss Olivia Sherry
OSHC Assistant

Opening School Mass

Next Friday 2nd February, we will be celebrating our opening school mass at Sacred Heart Church, commencing at 9.15am.

Children from Year 6B will be leading us. Families are most welcome to attend.

Our classes will be walking to and from the church for this special occasion.

Sacramental Program 2024

Our Sacramental Program information is [available here](#) for any families who are wishing for their child/ren to receive Reconciliation, First Eucharist and Confirmation.

If you have queries, contact Mrs Collins at school. Thank you.

Times for our School Day

School session times for 2024 are as follows:

8.40am	School day commences. First session.
10am	Brain break
10.40am	First break (Play)
11am	First break (Eating)
11:17am	Pack-up
11:20am	Return to class
1.20pm	Second break
1.40pm	Third session starts.
1.45pm	Meditation
3pm	School concludes

Children are asked to be at school in sufficient time to begin class. Children are asked not to be at school before 8am as supervision cannot be guaranteed.

Families are asked to pack a healthy snack for their child which is had during 'Brain Break' at 10am each day.

School concludes at 3pm. Children are supervised until 3.30pm in our multi purpose area.

We request that parents/carers notify the school if they will be late in collecting their children. Thank you.

Absentees

Absentees are to be lodged via the Parent Orbit App or through Parent Lounge. If you require assistance with your login details, contact Fleur or Stacey in the office 4994 8215.

Alternatively, our absentee phone number is 49 948216.

Administration of Medication

Parents/carers requesting that children receive medication at school need to complete the form available from our office.

All medication needs to have a doctor's or chemist's label attached. All medication is administered by our office staff, who all hold current First Aid certificates.

Teachers can not administer medication unless on a camp or excursion.

Daniel Morcombe Child Safety Curriculum

The Daniel Morcombe Child Safety Curriculum will be taught in all classes in Term 1. The link to the website is (<http://www.danielmorcombe.com.au/dm-child-safety-curriculum.html>)

The Curriculum is based around three key messages: **Recognise, React** and **Report**.

The **Recognise** message encourages students to be aware of their surroundings and to recognise warning clues.

The **React** message helps students to consider choices that may keep them safe or help make them safe again as quickly as possible.

The **Report** message encourages students to report unsafe incidents to an adult.

Teachers use a variety of materials, including interactive whiteboard activities, worksheets and safety books, to deliver the **Recognise, React** and **Report** messages. Developmentally appropriate scenarios are also used to explore and discuss safety situations that children may encounter in the home, at school or in their environment.

Students are encouraged to share the resources they complete in class with their families to help keep parents/carers informed about the content being discussed and to promote discussion about safety at home.

Year Level Assemblies

From next week, we will commence our year level assemblies.

Monday 8.40am Years 5 and 6

Wednesday 8.40am Years 3 and 4

Thursday 8.40am Prep, Year 1 and 2

These are held in our multi-purpose area. Student of the Week awards are presented, birthdays celebrated, special events and achievements acknowledged.

Parents and carers are most welcome to attend. Looking forward to seeing families there.

Volunteer Induction

Visitor Induction will be held in our staffroom Monday 5th February from 8:45am and Wednesday 7th February from 3:10pm for any parents, grandparents or carers who are wanting to volunteer at Sacred Heart this year.

The induction needs to be completed each year, even if you attended a session previously.

This training is a mandatory requirement before any volunteers are permitted to assist. This includes helpers in the tuckshop, which will begin next week.

Thank you for your anticipated support.

2024 Sports Trial Calendar

See the link below for trial dates and important information pertaining to School District sporting trials.

[2024 Rockhampton District Sports Trial Calendar](#)

The representative school sport permission details booklet (consent form) has all the required documentation that schools / district / regions need for students to participate in trials. The form, once completed, is to be handed in to our school to be signed by Mr Martin. The forms which need to be submitted at the trial, will be returned to the student.

[Rockhampton District Sport Permission Details Booklet](#)

We encourage you where possible to fill the form out electronically to assist with eligibility and accuracy of the documents, however handwritten copies are acceptable.

All permission booklets need to be submitted to school no later than 4 days prior to the trial to allow time for signing and associated paperwork. Students will not be permitted to trial on the day without the completed consent forms.

Week 1 at Sacred Heart





Tuckshop - Commences Week 2

I am thrilled to extend a warm welcome back to each of you as the tuckshop convenor at Sacred Heart for 2024. My name is Kaylee Hance.

With a passion for health and wellbeing, we will be incorporating nutritious and wholesome options into our tuckshop menu. Our goal is to create a space where your children can enjoy delicious meals that also contribute to their overall wellbeing.

To make this a reality, I am reaching out to our wonderful Sacred Heart community for support.

We need volunteers on Wednesdays and Fridays from 8.45 am until 11 am, or any time in between, to help with labelling and various tasks.

I am dedicated to making the tuckshop experience enjoyable for everyone, and your involvement will play a crucial role in achieving this. If you have the availability and willingness to lend a hand, don't hesitate to reach out.

Our school tuckshop will commence next week on Wednesday for our Year 1, 2 and 3 children and Friday for our Year 4, 5 and 6s.

There is also an afternoon menu, which you can find on Flexi schools.

Children can bring money for this second break.

All ordering is done on Flexi schools with orders in by 8am the day of tuckshop. "Sacred Heart Lammermoor" is our school name.

Tuckshop volunteers are also legally required to complete the following online course about safe food handling practices.

<https://dofoodsafely.health.vic.gov.au/index.php/en>

If you wish to help out or have any questions or suggestions, contact me at kaylee_hance@rok.catholic.edu.au

Thank you.

Out of School News



BMX COME & TRY DAY!
Sunday 11th February
3pm-5pm
FREE SAUSAGE SIZZLE

ROCKHAMPTON BMX CLUB

AGES
2yrs and above!

ROCKHAMPTON BMX CLUB, HOLLINGSWORTH ST
Pre-loved sale. City Centre Cycles stall. Club bikes and helmets available for use. Ask questions of experienced riders and club officials.

WHAT TO BRING

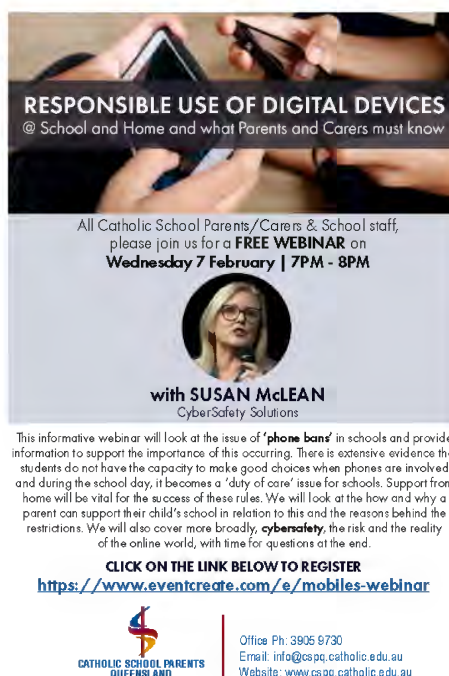
- Water bottle
- BMX bike (if you have one) or balance bike
- No mountain bikes

WHAT TO WEAR

- Long sleeve shirt & long pants
- Enclosed shoes
- Full face helmet (with visor) or normal helmet (balance bike)
- Gloves (full finger)

For more Information:
Email: rockybm@gmail.com
Message our FB page

Riders must sign up to a FREE four week BMX trial with AusCycling prior to riding (information provided at the track)



RESPONSIBLE USE OF DIGITAL DEVICES
@ School and Home and what Parents and Carers must know

All Catholic School Parents/Carers & School staff, please join us for a **FREE WEBINAR** on **Wednesday 7 February | 7PM - 8PM**

with **SUSAN McLEAN**
CyberSafety Solutions

This informative webinar will look at the issue of 'phone bans' in schools and provide information to support the importance of this occurring. There is extensive evidence that students do not have the capacity to make good choices when phones are involved and during the school day, it becomes a 'duty of care' issue for schools. Support from home will be vital for the success of these rules. We will look at the how and why a parent can support their child's school in relation to this and the reasons behind the restrictions. We will also cover more broadly, **cybersafety**, the risk and the reality of the online world, with time for questions at the end.

CLICK ON THE LINK BELOW TO REGISTER
<https://www.eventcreate.com/e/mobiles-webinar>

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